

From: [MDHHS-WICVendor](#)
Subject: New Michigan WIC Food Guide - Effective March 1, 2021
Date: Thursday, January 28, 2021 3:04:00 PM
Attachments: [WIC Food Guide_03.01.2021.pdf](#)

Thanks in part to the assistance of WIC Vendors, the Michigan WIC Program is happy to announce a new Michigan WIC Food Guide. The Michigan WIC Program would like to offer its appreciation for the WIC Vendors that submitted [UPC requests](#) as we evaluated food choices.

Beginning March 1, 2021, the items available for scanning and charging to customers' WIC EBT cards will change. This change will reflect the new Food Guide's revised authorization criteria and expanded food choices within several food categories.

The Michigan WIC Program was able to incorporate many [food choice expansions](#) during the COVID-19 pandemic, and many of these expanded choices have been carried over to the new Food Guide.

A copy of the new Food Guide is attached to this email. The Michigan WIC Program will also be sending physical copies of the new Food Guide to Vendors in late February.

Beginning March 1, the new Food Guide in English, Spanish and Arabic will be available on the [WIC Connect app](#) and at michigan.gov/wicfoods.

Highlights include:

- Canned and frozen fruits & vegetables
- Additional choices of national brand & store brand cold cereals
- Additional choices of national brand & store brand juices
- Revised egg criteria
- Expanded options in fish category – adding mackerel & sardines to light tuna & pink salmon, in can or foil pouch up, any size up to 30 ounces
- Allowing organic infant cereals, infant fruits & vegetables and infant meats
- Allowing kid friendly yogurt in 2 oz tubes
- Additional health messages
- Expanded breastfeeding messages

If you have questions, please call our office at 517-335-8937; or email MDHHS-WICVendor@michigan.gov.

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